A Gentle Body Awareness Companion

This companion is offered to support gentle presence in the body. It is not a method or a progression. There is nothing here to master or complete. Take only what feels supportive, and leave the rest.

Arriving

Find a comfortable position. Allow the body to be supported. Let the eyes soften or close if that feels right. Begin by noticing the natural rhythm of your breath, without changing it.

Settling into Sensation

Bring gentle attention to the body. Notice where there is ease. Notice where the body asks for gentleness. There is no need to analyze or adjust. Simply notice what is present.

A Simple Gesture of Support

You may place a hand on the chest, the belly, or anywhere that feels comforting. Allow this touch to be supportive rather than directive. Let the body register that it is being met.

Integration

If it feels helpful, you may write or draw a few words or shapes that reflect your experience. This is not about capturing meaning. It is simply a way of allowing sensation to settle.

Returning

Before closing, take a moment to feel your feet, your hands, and the space around you. Gently open your eyes if they were closed. You may wish to drink water or step outside. Carry this sense of presence with you into the rest of your day.